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FIND NIRVANA IN MONTANA {page 19}

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PAIGE OZABOSKI/METRO

Occupy won't back its own

- Occupy Philly votes against supporting fellow member who is first nationally to enter race for Congress
- They say remaining apolitical is bigger goal {page 02}

▶ Nathan Kleinman, 29, worked for U.S. Rep. Joe Sestak and the 2008 Obama campaign before camping out at Dilworth Plaza. He plans to challenge U.S. Rep. Schwartz, D-Philadelphia, this year.

Metropolitik

Florida voting today, but no plans to retire

- Polls show Romney leading Gingrich
- But regardless of outcome, don't expect this fight to end just yet {page 06}

Super preview for Super Bowl

Who needs football when there are snacks, cocktails and parties?
{pages 13-14}

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Occupying Congress?

Philly native and Dilworth Plaza camper doesn't have support of his fellow Occupiers Some do not believe in participating in democracy

Say what you will about Occupy Philly, but they're consistent on one front: They definitely abhor leaders.

So when one member of the 50-plus-day encampment of late 2011 announced last week that he would challenge U.S. Rep. Allyson Schwartz, D-Philadelphia, for her congressional seat, the group declined to endorse him.

Nathan Kleinman may be the first Occupy protester in America to run for national office, but it didn't matter to a general assembly meeting of Occupy Philly late last week. In addition to the endorsement snub, the group also adopted a resolution stating they are not a political party and that its general assembly does not endorse any political candidate.

But Kleinman says he's not taking it personally.

"I really don't want this candidacy to suck energy out of this movement," he said after the meeting. "I'm still going to be here [as an Occupy member]."

Kleinman, 29, has a background in politics — and not just the outdoor, anti-1-percent kind.

Born in Philadelphia and raised in Abington, he graduated from Georgetown University and the Walsh School of Foreign Service with a degree in culture and politics in 2004.

In 2010, he worked as an aide to Joe Sestak during the Democrat's successful primary campaign against Sen. Arlen Specter and then during Sestak's unsuccessful general election campaign against Pat Toomey. Kleinman also served as a legislative assistant to state Rep. Josh Shapiro in 2011 until resigning to devote his energy full time to the Occupy movement.

"The main reason why I'm running is because I'm afraid we're losing our democracy, if we haven't lost it already, to some creeping form of corporate fascism," he said.

A spokeswoman for Schwartz declined comment.

MIIKE PIFER
letters@metro.us

Driving Kennedy

Kleinman volunteered to work for Barack Obama's 2008 presidential campaign in Pennsylvania and later became a paid worker for the campaign.

"I wanted to do whatever I could to make sure a Republican didn't succeed George W. Bush," he said.

Even more fascinating, his duties as an Obama campaign worker involved acting as Ted Kennedy's driver for a couple days and sitting with Michelle Obama on stage during a campaign event.

MIIKE PIFER/METRO

▶ Kleinman, seen at last week's Occupy Philly meeting, didn't exactly lobby for support.

PAIGE OZAROSKI/METRO

▶ Don't call them political.

For Occupy, not politics

PHILADELPHIA. During Thursday's meeting at the Friends Center, Kleinman admitted that Occupy exists outside of traditional political roles. "I think the movement is not about electoral politics," he said.

The opinion seems in line with the group's beliefs. Shawn McMonigle, 24, with Occupy Philly since its inception, told Metro that he doesn't vote because the system doesn't work.

Sean Damon, 34, another member since inception last year, had practical reasons for opposing Kleinman's campaign. "I would prefer he didn't run," he said, "because I think it's going to take a lot of his time." **METRO/MP**

In the news

71,269

Attendees of the Philadelphia Auto Show in its first weekend, the largest opening since 2004 and second largest in the event's 110-year history, officials said. The show is at the Pennsylvania Convention Center through Sunday. **METRO**

In the news

Breast contest

Local radio station Q102 FM wrapped up a wacky contest yesterday called "Breast New Year Ever," giving one woman a pair of implants from Monarch Med Spa in Center City. Contestants sent in a picture of their assets and the entries were open to citywide voting. The winner, Kelsey from Aston, Pa., was announced on air. **METRO**

Elkins Park man admits to billking hundreds in faux travel agent scam

MONTGOMERY COUNTY. An Elkins Park man pleaded guilty yesterday to bilking people out of more than $400,000 for canceled religious trips.

John Baird, 73, advertised trips to Christian pilgrimage sites in Europe and the Middle East, but canceled the trips without providing refunds to at least 138 victims, many of whom were seniors.

80

Years behind bars Baird faces for his scam of almost 140 people, prosecutors said

Baird advertised in Catholic magazines and often enlisted priests or other church leaders to encourage their members to attend CPT trips, federal officials said. He created brochures for the trips in which he promised customers a full refund if the trip was cancelled, provided that the cancellation was not due to "travel warnings, acts of War, acts of God or terrorism." **METRO**

▶ A rider was attacked.

Search is on for subway attacker

SOUTH PHILADELPHIA. Police are looking for the suspect who allegedly assaulted and robbed a man Sunday on the Broad Street Subway. The incident happened at the Snyder station around 9:15 a.m. Authorities said the suspect punched the victim in the face and took his wallet, then fled on the subway platform. The victim sustained minor injuries. **METRO**

Management not changing at Inky, DN

PHILADELPHIA. Two days after a report in the New York Post indicated that The Inquirer and Daily News were up for sale again, company officials said management at the papers is not expected to change.

The Post reported Saturday that Alden Global Capital, which owns a 30 percent stake in Philadelphia Media Network Inc., was looking to sell its stock. PMN owns the two papers and philly.com.

Mark Block, vice president and spokesman for the company, said yesterday that as a private company, investors can sell their shares anytime, but that does not mean a change in management.

METRO/SDL

PAIGE OZABOSKI/METRO

▶ Pottstown students reportedly sneak cellphones in their boots.

School bans UGG boots

Middle school takes aggressive approach to stopping cellphone use
Ban went into effect yesterday

Despite significant opposition in the week leading up to the beginning of school yesterday, officials at a Montgomery County middle school went ahead with their ban of UGG-style boots yesterday.

Pottstown Middle School in the township by the same name about 30 miles northwest of Philadelphia announced the ban last week because they claim students were using them to hide cellphones, which are prohibited during school hours and cause a distraction.

The ban applies to any open-top boot, such as the popular UGGs, which feature faux fur around the top or can be rolled down. Students are permitted to wear the boots to and from school, but must change their shoes during classes.

The ban has drawn international media attention and comments on the Pottstown Mercury website railed against it. Despite the opposition, last week Pottstown School District officials said they would move forward with the ban and that the plan had received some support from parents.

District officials did not return calls for comment yesterday.

SOLOMON D. LEACH
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Mother, daughter injured in gunfire

NICETOWN. A woman and her young daughter were injured in a double shooting yesterday evening.

The woman, 34, and her daughter, 13, were leaving a residence on the 1900 block of Rowan Street around 7:30 p.m. when they head gunshots. The two ran back inside the house, but had already been hit.

Both were taken to Temple University Hospital, where the mother was listed in stable condition and the daughter was treated and released.

Police believe they have identified the shooter, but the investigation is ongoing.

METRO/AW

IHOP burns after burglary

PORT RICHMOND. Burglars apparently started a fire in an IHOP early yesterday morning, and they weren't trying to make flapjacks. Police responded to 3400 Aramingo Ave. and found the glass front door broken. METRO/AW

Dueling events on Israel at Penn

Although Israel is 5,700 miles from Philadelphia, the Jewish state will be the focus of two dueling events on the campus of the University of Pennsylvania this week.

PennBDS, an official university student group, is hosting the 2012 National Boycott, Divestment and Sanctions event against the State of Israel Conference this weekend. In response, the Philadelphia Jewish Federation is sponsoring a gathering called "We Are One with Israel" on Thursday at Annenberg Center.

Academics, activists and students from across the country will converge on Penn's campus for the BDS conference. Speakers include the co-founder of the Electronic Intifada, Ali Abunimah, the Jewish anti-Zionist editor of Mondoweiss, Phil Weiss, and Dr. Sarah Schulman from the Advisory Board of Jewish Voice for Peace.

Abbas Naqui, a Penn molecular biology Ph.D. candidate and a core organizer of the BDS event, protests Israel's human rights record. "With Israel receiving $3 billion in foreign aid from the United States," he says, "they must be held accountable for their deplorable treatment of the Palestinians and their obvious violations of international law for building the settlements and the wall."

Harvard law professor Alan Dershowitz — who has represented a long list of celebrity clients including OJ Simpson, Bill Clinton, Mike Tyson and Claus Von Bulow — will be the main speaker at the "We Are One" pro-Israel event, expected to draw some 900 attendees. He condemns the BDS movement for "singling out Israel."

"If they really care about human rights, why aren't they boycotting Syria, Iran, China, Tibet and parts of Africa?" asked Dershowitz, who is currently defending Iranian dissidents at the Hague.

LAURA GOLDMAN
letters@metro.us

Support

The chief executive officer of Philadelphia Jewish Federation, Ira Schwartz, was quick to counter any criticism of the University of Pennsylvania for allowing the BDS conference to be held on campus:

"The university has been very supportive of Israel. Penn president Amy Gutmann is unable to come to our event but chairman of the university's Board of Trustees, David L. Cohen, will read a letter from her at the event."

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Construction. Dilworth Plaza

▶ Excavators broke up big chunks of the deserted concrete expanse west of City Hall.

PAIGE OZAROSKI/METRO

Mayor Michael Nutter and federal officials from the U.S. Transportation Department took the last opportunity to see Dilworth Plaza before the $50 million overhaul began in earnest yesterday morning. Nutter hosted the contingent on the ninth floor of a nearby skyscraper.

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Florida is voting today and you know what that means: Broken hips and highway pileups. ('Cause they're old!) Of course, it also augurs more ominous tidings: A cornucopia of news articles — citing a vast array of polls, surveys and insider guesses — attempting to bypass the vote and just tell us who will be walking away from Florida a winner. This is ours.

Despite Gingrich's surge in South Carolina, most polls have since shown Romney with a leg up in the Sunshine State, though just how high that leg goes has been highly volatile. Some pollsters have him way up — a 20-point advantage in one, 19 points in another — but others (one by InsiderAdvantage, for instance) put the gap in the mere single digits.

We're sticking with our predictable prediction that Romney will win — though don't let this affect your vote, Florida readers! — based on the numbers and also because we don't think Gingrich, with his narrative of onerous marital infidelities, can pull the state. ('Cause they're old! You know, the "chinos-wearing set", as one GQ campaign reporter put it.)

But don't count your chickens just yet, America. Anything goes, and evidence suggests that Gingrich will stay in the race long after pandering to the Space Coast subsides.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Metropolitik

BRAYDEN SIMMS

POLITICAL REALISM FOR THE URBAN PROLETARIAT

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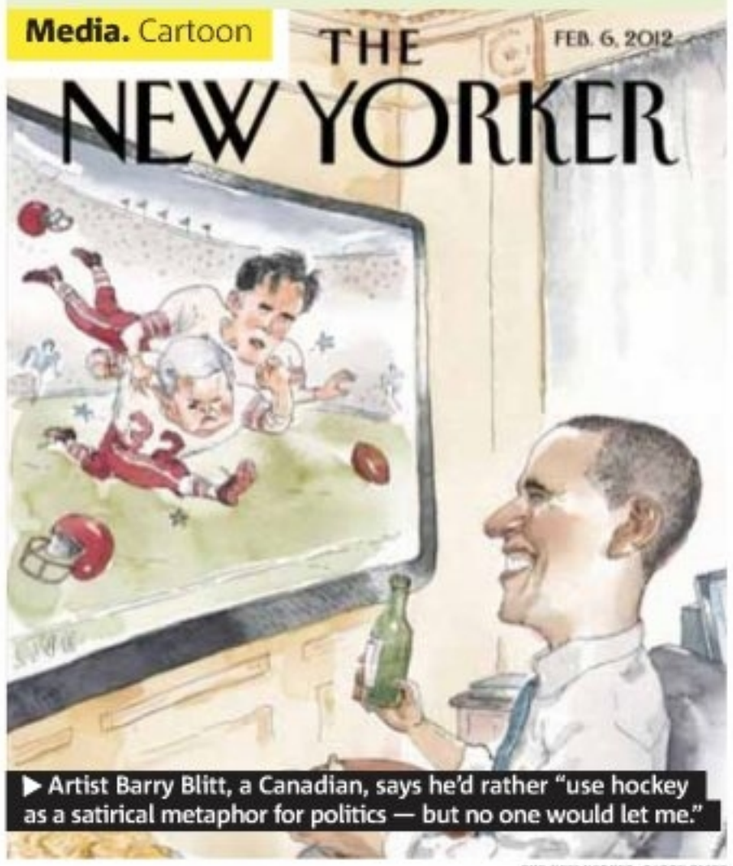

▶ Artist Barry Blitt, a Canadian, says he'd rather "use hockey as a satirical metaphor for politics — but no one would let me."

THE NEW YORKER, BARRY BLITT

Obama enjoying 'The Big Game'

This cover for the Feb. 6 issue of The New Yorker magazine depicts President Barack Obama enjoying the electoral wrassling of Mitt Romney and Newt Gingrich.

GET FED

Because sometimes you've only got time to skim the headlines:

- "Gingrich memo ... looks ahead to Super Tuesday" **THE DAILY CALLER**
- "Newt May Be Mad and Mental Enough to Fight On Long After Florida" **DAILY INTEL**
- "InsiderAdvantage Poll: Gingrich Surging, Race 'Tighter Than Expected'" **NEWSMAX.COM**
- "Florida is a tie-breaker but no game-ender" **CNN**
- "A glimmer of a glimmer" **LEGAL INSURRECTION**
- "Another double-digit Florida lead for Romney" **POLITICO.COM**
- "Could Newt Win Florida?" **THE DAILY BEAST**

Bishops take politics to the people

"The Obama administration has cast aside the First Amendment to the Constitution of the United States, denying to Catholics our nation's first and most fundamental freedom, that of religious liberty."

EXCERPT FROM LETTER READ ALOUD (WITH REGIONAL VARIATIONS) TO CHURCHGOERS THIS WEEKEND IN THOUSANDS OF U.S. PARISHES, REGARDING THE NEW REQUIREMENT FOR ALL EMPLOYERS TO PROVIDE HEALTH INSURANCE – INCLUDING CONTRACEPTION COVERAGE – TO THEIR EMPLOYEES. MANY CATHOLICS FEEL THAT THIS INFRINGES UPON THEIR RELIGIOUS BELIEFS.

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Arcadia has an advocate in the president's office

Carl Oxholm III brings his experience as an attorney and strategist to the university His big visions for the campus — in Glenside and abroad

When Carl Oxholm III became president of Arcadia University in Glenside last summer, he immediately began talking to everyone he could about the university. "Students, graduates, teachers, maintenance people, neighbors, elected officials, religious leaders — I wanted to hear their versions of what Arcadia is, and what Arcadia could be," he says

This reflects his training and experience as an attorney. "I'm a strategist and an advocate," he says. "The attorney's role is to ask questions, figure out what the client wants and then figure out how to get there. That's how I see my role at Arcadia," he says.

The answers to the questions told Oxholm that one of Arcadia's greatest strengths is its international focus. The College of Global Studies serves 3,500 students per year, from not only Arcadia but 300 other colleges and universities. "We have connections in 75 cities around the world — this is an incredible asset," Oxholm says.

He wants to build on that asset. "I'd like to increase the number of international students coming here, and to do more faculty exchanges. We have the capacity to make this a truly global campus," he says enthusiastically. "The faculty had already been thinking about global connections. This is just enhancing what they have already done."

JUDY WEIGHTMAN
judy.weightman@metro.us

▶ Former attorney Carl Oxholm III is the president of Arcadia University.

Thinking big

These days, travel is not the only way to interact with people on the other side of the globe. Oxholm wants to take experience from his most recent job — creating Drexel's campus in Sacramento, Calif. — and put it to work for Arcadia.

▶ "[At Drexel] we used technology to connect classrooms in Pennsylvania and California," he says. "We could do that around the globe — have a class meet virtually at 9 p.m. in Pennsylvania and 9 a.m. in Singapore."

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▶ Keep it clean, Will D. Cat!

GETTY IMAGES

Villanova athletes monitored online

The university has hired outside help to watch Facebook and Twitter accounts ‘Our objective is to protect our student-athletes,’ says school

Facebook and Twitter are enormously popular with many college students, including student athletes. Not all of them use these media wisely, though, and some schools are looking at ways of limiting or at least monitoring student posts.

That monitoring has just become much more systematic at Villanova University, which has hired the firm VarsityMonitor to follow the social media usage of all its student athletes. According to the company website, they “monitor the social media interaction of athletes for questionable conduct that could negatively affect their athletic availability, hurt their future career and sponsorship opportunities and damage the brand of their team, league and institution.”

All Villanova athletes recently received an e-mail instructing them to add VarsityMonitor as a Facebook “friend” to enable this monitoring. No such permission is needed on public Twitter accounts.

The move is expected to add muscle to the ban on use of social media by Villanova basketball players during the season. That ban, endorsed by head coach Jay Wright, is now in its second year.

“College athletics receives tremendous exposure and attention. ... Our goal is to try to help ensure our student-athletes place themselves in a positive light.”
VINCE NICASTRO, VILLANOVA DIRECTOR OF ATHLETICS

The reasoning

“Given the extent of social media use, most college athletic programs across the country now monitor social networking in some way, either formally or informally. Our objective is to protect our student-athletes and athletic programs with respect to image, rules and safety, and educate them about both the benefits and negative implications of social media,” said Villanova’s director of athletics, Vince Nicastro, in a statement.

JUDY WEIGHTMAN
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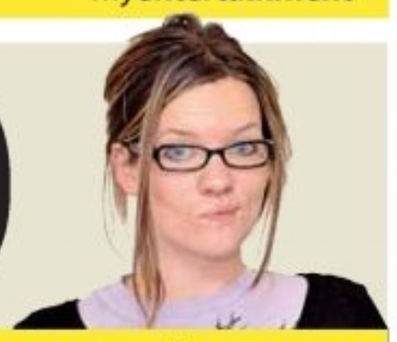

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

– Dorothy Robinson will return on Feb. 7..

From George Clooney to Steve-Ó?

PHOTOS: GETTY IMAGES

We heard the **Elisabetta Canalis/Steve-O** rumors a couple weeks ago, but we were willing to ignore them. After all, what would **George Clooney**'s recent ex want with one of the "Jackass" guys?

As it turns out, dating him.

In a video from TMZ, the "Dancing with the Stars" contestants are caught leaving a salon together in L.A. before escaping to Steve-O's car. Not only is she dating Steve-O, she is demurely declining to comment in paparazzi central — the B-team Hollywood equivalent of moving to a good school district and buying a minivan.

Thing is, Steve-O doesn't look too bad these days. He's no longer putting fishing hooks through his cheek and jumping into shark-infested waters — this happened, and we all share some blame — and has sobered up. He's a vegan, and judging from his anti-fur ad for PETA, has a pretty cute vegan butt.

Wait — what would Steve-O want with a Clooney ex?

Well said, Kim

It's been awhile since we agreed with something **Kim Kardashian** said. And so we present selected quotes from Sunday's season finale of "Kourtney and Kim Take New York" — which we've freed from infuriatingly mindless dribble about "fairy tales" and "growth experiences."

Take it away, Kim!

- "Sometimes I feel so dead inside."
- "[I] wasted everyone's time and everyone's money — everyone's everything."
- "I failed at this."

Diva fail!

Elton John's ongoing media fight with **Madonna** continues. During a "Good Morning America" interview yesterday, he was asked what advice he had for her Super Bowl halftime performance.

"Make sure you lip sync good," he responded.

A good one, for sure. But it would have been a little sharper if he wasn't promoting a Pepsi Super Bowl commercial — that would be commercial, not halftime show — that he stars in with some "X Factor" contestant.

Moments like these, Sir Elton, are what Madonna eats for breakfast.

Talking points

Katy Perry playing it low-key

Katy Perry made her first red carpet appearance — at a charity event in Las Vegas — since her split from **Russell Brand**, according to People magazine. Hair dyed blue, Perry kept pretty quiet, according to sources at the event. "She was really tame," a source says. "She was really just drinking a few drinks and chilling with her friends." Perry had been out of the country recently, performing shows in Indonesia and the Philippines.

Watch your back, Stacy Keibler

Mary Tyler Moore was excited to pick up her lifetime achievement award from the Screen Actors Guild this past weekend, but she was even more eager for another chance to rub elbows with a specific A-lister, according to People magazine. "I met **George Clooney** in a very small elevator, and he came over and he put his arms around me," the actress remembers. "I think he said something like, 'I love you.' It was maybe two years ago. I am going to seek him out tonight."

The Jolie-Pitts aren't listening

Brad Pitt admits that he and **Angelina Jolie** have had to put some interesting parental controls on their children's Web activity. For instance, the Jolie-Pitt kids can't Google their famous parents. "On all the kids' computers we had our names blocked," Pitt tells Germany's Bild. "They can't Google their mom and dad. I don't want to make myself dependent on what other people think." And Pitt is hoping he and Jolie can lead by example, as they're not very interested in checking up on what folks online are saying either. "We don't even notice all the noise," he says.

▶ Mary Tyler Moore

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Eric Stonestreet is making the after-party awkward, Sandra Bernhard isn't going anywhere, Melanie Griffith is reaching out to Demi Moore via Twitter and Albert Brooks is looking to science to simplify things.

@ericstonestreet
I think what would surprise most people at award show parties is the sheer amount of farting I'm doing while talking to famous people.

@SandraBernhard
by the way i am not one of those performers who threaten to leave the country if the wrong pres gets elected i'm stayin cause i love it here

@MelanieGriffith
@mrskutcher thinking of you and sending love and support. Can I do anything for you? Xoxo

@AlbertBrooks
If only a machine could combine all four republican candidates together then one giant man could lose to Obama.

'The Help' cleans up at SAG Awards

PHOTOS: GETTY IMAGES

Film Award Winners

- **Outstanding Performance by a Cast in a Motion Picture:** "The Help"
- **Outstanding Performance by a Male Actor in a Leading Role:** Jean Dujardin for "The Artist"
- **Outstanding Performance by a Female Actor in a Leading Role:** Viola Davis for "The Help"
- **Outstanding Performance by a Male Actor in a Supporting Role:** Christopher Plummer for "Beginners"
- **Outstanding Performance by a Female Actor in a Supporting Role:** Octavia Spencer for "The Help"

TV Award Winners

- **Best Cast in a TV Drama:** "Boardwalk Empire"
- **Best Male Actor in a TV Drama:** Steve Buscemi for "Boardwalk Empire"
- **Best Female Actor in a TV Drama:** Jessica Lange for "American Horror Story"
- **Best Male Actor in a Miniseries or TV movie:** Paul Giamatti for "Too Big to Fail"
- **Best Female Actor in a Miniseries or a TV movie:** Kate Winslet for "Mildred Pierce"
- **Best Cast in a TV Comedy:** "Modern Family"
- **Best Female Actor in a TV Comedy:** Betty White for "Hot in Cleveland"
- **Best Male Actor in a TV Comedy:** Alec Baldwin for "30 Rock"

The cast of "Modern Family"

Jean Dujardin

Viola Davis

Jessica Lange

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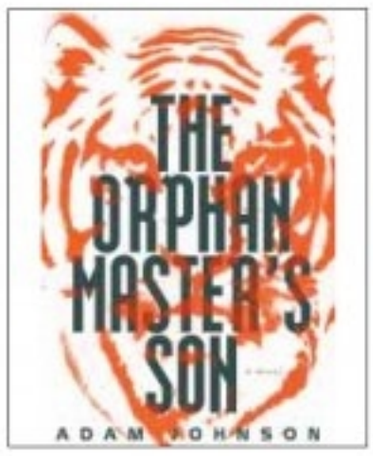
What it takes to be a North Korean man

Author Adam Johnson depicts trying to become your own person within a totalitarian regime in his harrowing new novel, 'The Orphan Master's Son'



If you are unlucky enough to live in North Korea, your motivations and desires don't matter. You are told who you are to be and if you resist, you will be sent to a labor camp where you will do hard labor until you die. The state issues your clothing and shoes and ration cards.

Thanks to government censorship and its propaganda machine, everyone reads the same media and prescribes to the same philosophy: Working towards the common good.

It's this lack of individuality in the face of such brutality that was attractive to writer Adam Johnson. So much so he set his new novel, "The Orphan Master's Son," within the totalitarian regime.

Johnson tells us that it wasn't the mystery nor the creepiness of North Korea that won him over (although that was certainly tempting for a writer) — it was the idea of what it means to be a character in your own life when you have no say in who you are.

He clarifies: "Here in the West, you are the main person in the story of your life — everyone else is a secondary character. We have motivations and desires and, in the end, we change and grow and gain wisdom in some way," says Johnson. "In North Korea, there is one central character — the Dear Leader — and 23 million secondary characters."

Despite having no free will, Johnsons' lead character, Pak Jun Do, is able to endure and thrive and create his own destiny. With a touch of magical realism, Pak finds himself in some unbelievable situations. But, then again, North Korea is an unbelievable place.

"How do people inhabit themselves in a world that is so circumscribed?" Johnston asks rhetorically. "How do you become an individual? Those are questions I'm fascinated with."

DOROTHY ROBINSON
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TV watch list

'Key & Peele'

COMEDY. Former "MADtv" cast members Keegan-Michael Key and Jordan Peele headline their own sketch comedy series, bringing viewers smart — and very funny — videos like their already-viral "Obama's Anger Translator." **Series premiere, 10:30 p.m.,**

Comedy Central

'Tosh.0'

COMEDY. Host Daniel Tosh extends the 15 minutes of daredevils and all-around idiots who record themselves doing inappropriate things and post them to the Web. **Season premiere, 10 p.m., Comedy Central**

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Dr. Oz: Why 'mentoring is the way to go'

When he's not operating on patients, hosting a talk show or authoring books, Dr. Mehmet Oz devotes his time to his charity, HealthCorps, a Peace Corps-like program that sends college grads into high schools to mentor students on health and well-being. We spoke with Dr. Oz at a reception celebrating Evamor water's partnership with HealthCorps, which will fund his mentoring program in additional schools across the U.S.

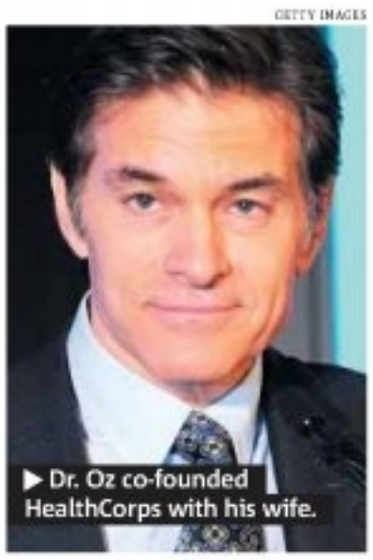
Why is peer-to-peer mentoring the right approach to take to teach kids about their health?

Well, part of it is because I have kids. I was asked by their school to give a talk to them once about 10 years ago, and they seemed sort of bored but I gave the talk anyway. The next day, as I got to the hospital, I had probably a dozen phone calls from corporate executives, lawyers [and] other doctors saying their kids had come home that night and had told them things like "If you have a piece of bread, it's like having a candy bar." And it began a process in my mind: If we can get these kids to talk with each other in a way that makes it cool to push back against your parents, they'll do it. I'm not the one to deliver that message, but I can get college kids to do it. I was working a lot with Timmy Shriver and Maria Shriver, and their father, Sargent, started the Peace Corps, so I put the two experiences together. I said, "You know what? We can create an organization where we use the same kind of enthusiastic energy that young college graduates have, put them back in schools around the country and allow for that unique experience when a 21-year-old talks to a 17-year-old." That was the foundation of the concept. And I think the best way of scaling a program, inexpensively building it and touching a lot of lives — mentoring is the way to go. These volunteers are able to go out and do a lot of good. And they only do it for a couple years, but it gives them two years of really great experience and it gives us two years of their service, which is hugely valuable.

How can parents get involved?

The most important thing for parents to do is to get their kids to either use the website and the content on it or, more importantly, talk to their school systems about whether they can have a HealthCorps program there. What makes the school systems great is the teachers and the parents collaborating. We have wonderful programs that we have started primarily because parents went to schools and said, "I see this program, I want to have it." And then [they] find some kind of a hybrid program that's affordable and works.

GETTY IMAGES



▶ Dr. Oz co-founded HealthCorps with his wife.

Quoted

"If we can get these kids to talk with each other in a way that makes it cool to push back against your parents, they'll do it."

DR. OZ

What are your goals for the program, and what are you doing to reach them?

I want to have HealthCorps schools in every major city in America, and I want to have them in every state. We may not be in every school, and I think one of the things we're learning is that we can develop [the] best practices from the many schools we're in that other schools can adopt and begin to use in their own programs. We're gonna call it HealthCorps University. So either you'll have one of my volunteers in your school who will teach your kids about health, and [for] anybody else, health teachers can take the syllabus and use it on their own. It's written in a way that's very accessible to high schoolers, and it's free, so it takes away a lot of the obstacles to implementing it.

MEREDITH ENGEL
meredith.engel@metro.us

CREATAS

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Hand-me-down don'ts

If you're expecting, secondhand baby gear can save you a bundle. But it's not always smart to skimp, explains Nychelle Fleming, spokesperson for the U.S. Consumer Product Safety Commission. Many products from only a couple of years ago don't meet current safety standards. Fleming recommends buying, not borrowing, the following items and checking www.cpsc.gov to ensure that any other gear you're given has not been recalled.

▶ **Cribs:** Drop-side cribs can no longer be sold, and a newer, safer generation of cribs is now on the market. Even if an older crib looks safe, it may not have been tested with the most recent safety standards or could have loose or missing hardware, creating gaps that could trap a child.

▶ **Baby walkers:** The American Academy of Pediatrics recommends against using baby walkers altogether, as they can actually delay walking. If you do choose to use one, stick to new models. Older walkers may not have features that can prevent the product from rolling down stairs, which is the biggest risk.

▶ **Car seats:** A used car seat that isn't up to safety standards or is missing parts may not protect your child in a crash, and there's no way to be sure that the seat wasn't involved in a previous accident — something that may have led to invisible damage.

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Super Bowl snacks brought to you by the drive-through

Save time and money on your Super Bowl Sunday treats with these fast-food staples that you can class up with simple add-ons at home

When it comes to Super Bowl snacks this Sunday, you can take Food Network star Sandra Lee's concept of "Semi-Homemade" to a whole new level. How? With fast food that is specially tweaked to score major touchdowns with your guests. Yep, we're talking KFC and Dunkin' Donuts, but with your own unique additions. Allison Beck, editor at www.thedailymeal.com, set about finding last-minute party fixes that take simple, inexpensive take-out to the next level with some minor enhancements you probably already have in your pantry. As Beck says, "We're busy people and you've got to find shortcuts."

The eats

▶ Cut this pizza into bite-sized pieces, top with some arugula and a dash of truffle oil for a special game time snack.

1 Sticky rice lifesaver
When making burritos or chili, get Chinese takeout white rice to accompany the dish. It's inexpensive and cooked perfectly. No one will be the wiser.

2 KFC's grilled chicken
Get a bucket of grilled chicken, coat it with sauce (hot, BBQ or otherwise), get some buns, lettuce and tomato — and voila! A sammie that's sure to please.

3 Dress up your plain-jane pizza
Add fresh arugula and maybe even some truffle oil to your local delivery pizza. Cut the slices into bite-sized pieces for classy apps.

4 Dunkin' Donuts desserts
Want some instant profiteroles? Get some doughnut holes, slice them in half, add some ice cream and boom! You've got a whole lot of delicious.

5 Go to White Castle
Or really any burger joint, but White Castle specializes in the 30-pack that'll easily double for your own party's sliders. Garnish them with a tomato chutney, horseradish or a special cheese to kick it up a notch in the flavor department.

HEIDI PATALANO
heidi.patalano@metro.us

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- **½ oz.** lemon juice
- **1 tsp.** maraschino liqueur
- Cherry Lambic
- Hefeweizen

Pour all ingredients, except beer, into a mixing tin. Add ice and shake. Strain into a tall glass and top with equal parts Cherry Lambic and Hefeweizen. Garnish with a lemon wedge.

Dutch Air Mail

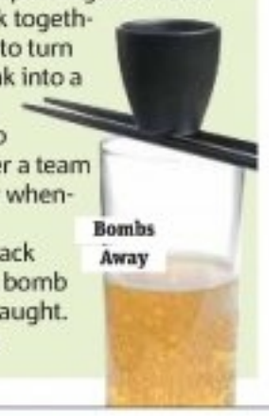
- **2 oz.** Denizen Rum
- **½ oz.** honey syrup*
- **½ oz.** lime juice
- Dutch lager beer (Heineken or similar)
- Splash of pink grapefruit juice

Pour all ingredients, except beer, into mixing tin. Add ice and shake. Strain into a tall glass and top with beer. Garnish with a grapefruit peel over the glass. (*Cut 2 tbsp. honey with 1 tbsp. hot water and stir or shake.)

Bombs Away

- **1 oz.** Captain Morgan
- **½ oz.** TY KU Sake Black
- **¼ oz.** TY KU Citrus Liqueur
- **½ oz.** simple syrup
- **4 oz.** Hoegaarden

Pour beer into a pint glass. In a separate double shot glass, combine the rest of the ingredients and serve separately. To drink, drop shot glass in beer and drink together. Want to turn your drink into a game? Take a sip whenever a team scores or whenever a quarterback throws a bomb and it's caught.



METRO

Game day plans for everyone

Lemon Hill's pastrami-fried wings

For foodie fans

Looking for bar food that isn't covered in orange "cheese"? Fairmount newcomer **Lemon Hill** is serving up an all-you-can-eat "Supper Bowl" buffet on Sunday that pits New York snacks against those from New England. One of our favorite matchups: Pastrami-fried chicken wings vs. cranberry chili wings.
25th and Aspen streets
www.lemonhillphilly.com

For beer fans

Good, boozy things come to those who wait: Beer bar **Kite & Key**'s annual Savage Super Bowl Sixtel Sunday party is fueled by a secret stash of brews that will not be revealed until the 7 p.m. tap time.
1836 Callowhill St.
www.thekiteandkey.com

For football fans

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Are the Democrats as corrupt as GOP?

RE: "LIBERAL BAGGAGE CARRIES MORE WEIGHT": Did John Sangenario just bash liberals for being socialists and also for having a "greed is good" attitude? (In other words, for seeking to both redistribute and aggregate wealth?!) Does he know what any of these terms mean? Does he know how capitalism works? Or is he just making this stuff up as he goes? **MARY SMITH, VIA E-MAIL**

Perhaps Mr. Sangenario could name some names within the Democratic Party caucus who are as corrupt and crooked as Tom De Lay, David Vitter, Newt Gingrich and Mitt Romney. At the very least he might identify some policies he considers to be "communist ideology." But then I'm presuming his letter was serious in the first place. In semi-related news, a story emerged over the weekend of the Kansas House Speaker refering to President Obama by invoking a little-known verse from the Bible, Psalm 109:8, which includes the line "May his children be fatherless and his wife a widow." Has our public discourse fallen so far that officeholders can now publically wish the president dead and nobody notices or cares? **JOSEPH CONNELL, VIA E-MAIL**

"If Obama was a portfolio manager he would be fired!"

Why are the media and Democrats so obsessed with Mitt Romney's investments and Bain Capital? He ran his business dealings legally and helped companies build their business and employ people that pay taxes. Meanwhile, Mr. Obama invested in Solyndra and many other companies — many of which have gone bankrupt only a couple of years after receiving millions of American citizens' tax dollars without Congressional approval. Mr. Romney is in the business to do such things and is knowledgeable regarding investments. If Obama was a portfolio manager he would be fired! **JOHN ARSLANIAN, VIA E-MAIL**

One is news, the other is opinion

The basic difference between FOX news and MSNBC is very simple: FOX is stories followed by opinions. MSNBC is news backed up by facts. **ROBERT LA ROSA, VIA E-MAIL**

Catholic in support of Obama decision

As a Catholic, I applaud the Obama administration for ensuring that nurses, teachers and secretaries have access to affordable birth control. The Catholic bishops who are fighting this decision don't speak for me. I don't think it's right for any employer to dictate whether any employee can or can't have access to affordable birth control. **DR. NELLY BOGGIO, VIA E-MAIL**

'At Last?' More like, don't do that again

That film clip on the evening news of Christina Aguilera at Etta James' funeral service singing the great James' signature pop classic, "At Last," made me wonder where Ms. Aguilera got her vocal training — in the Chicago Stockyards, perhaps? She absolutely butchered a perfectly beautiful song! Go to your room, Christina, and stay there until you tone it down. **HERB STARK, VIA E-MAIL**

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♒ Aquarius **Jan. 20-Feb. 19.** If you're in need of some support, submit your request posthaste. Others are likely to be more willing to go out of their way to do favors now than they will be tomorrow.

♓ Pisces **Feb. 20-March 20.** On matters of importance, you should take a middle position so that you'll be better able to evaluate the advantages of each alternative.

♈ Aries **March 21-April 19.** It would prove to be quite advantageous for you to focus today's efforts on situations that could either increase your present resources or save you money. Both facets are favorable.

♉ Taurus **April 20-May 20.** Don't leave any key assignments up to others if you can help it. The matters that you attend to personally should work out well for all concerned.

♊ Gemini **May 21-June 20.** This can be an exceptionally rewarding day for you if you are determined to satisfactorily conclude every project that you begin. You aren't likely to settle for less than you envision.

♋ Cancer **June 21-July 22.** You'll not only be a pleasant companion, you can also be an excellent teacher when you choose to be. Instinctively, you know how to inspire others with your words and deeds.

♌ Leo **July 23-Aug. 22.** A financial opportunity could develop through your work or through someone with whom you have close bonds. Take advantage of what develops; your material prospects look snappy.

♍ Virgo **Aug. 23-Sept. 22.** There is no better time than now to take action on plans you've recently cooked up. Your ideas look extremely promising, so get rolling on things while conditions are good.

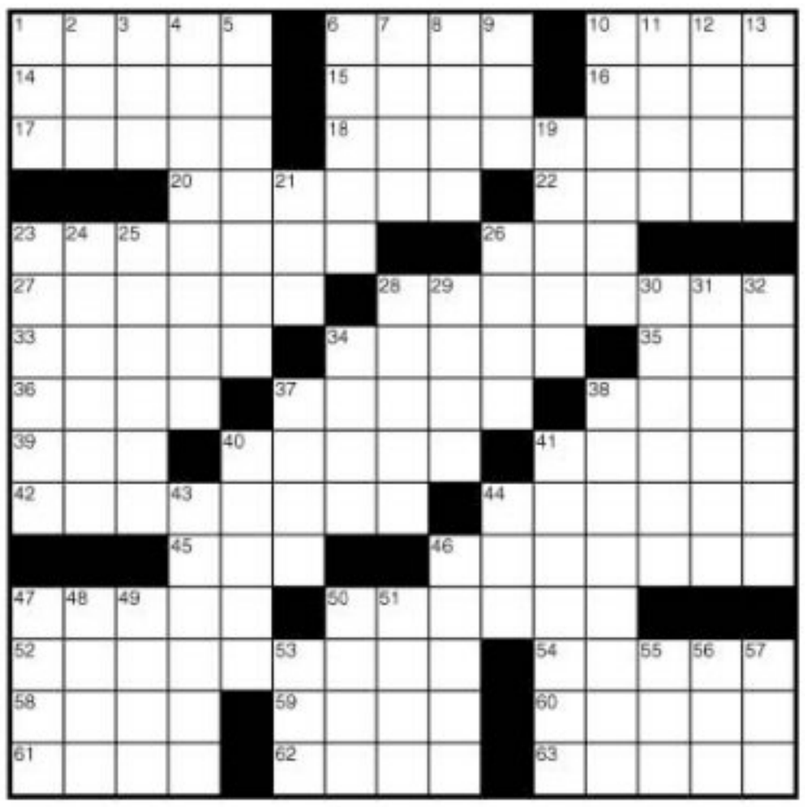
♎ Libra **Sept. 23-Oct. 23.** If you take the time to determine some meaningful targets for yourself, important objectives can be achieved right now. You could be successful both socially and materially.

♏ Scorpio **Oct. 24-Nov. 22.** There is a strong possibility that you could meet and make a new, lasting friend through someone who is presently one of your best pals. The new party will be a welcome addition.

♐ Sagittarius **Nov. 23-Dec. 21.** A huge challenge that your associates would love to achieve but are too fearful to attempt isn't likely to intimidate you. Your better qualities will emerge and get you past the rough spots.

♑ Capricorn **Dec. 22-Jan. 19.** A hot tip passed onto you through a friend of a friend may be too enticing to ignore. Study it carefully to determine if it has any value, and only then act on it if you so choose. **BERNICE BEDE OSOL**

Across
1 Purse holder
6 Does something
10 London stroller
14 2:1, e.g.
15 Waterloo locale
16 Costa __
17 Dormant
18 Beethoven sonata
20 Argosies
22 Money in the bank
23 Take up, as a cause
26 Thoughtful murmur
27 In short supply
28 Hockey play(2 wds.)
33 Neck annoyance
34 Quark habitats
35 Columbus univ.
36 Saddle up
37 Hive of bees
38 Livestock show
39 Geisha's accessory
40 Without an escort
41 Device that beeps
42 Freaked out(2 wds.)
44 Lampoon
45 Angkor __
46 Most lemony
47 Dinette piece
50 Lithe
52 Kind of effort (hyph.)
54 Pharaohs' amulets
58 With, to Maurice
59 Pear throwaway
60 401(k) kin
61 Nope opposite
62 Alleviate
63 Chanteuse __ Piaf



Down
1 Delhi honorific
2 Vacation acquisition
3 Map abbr.
4 Flyboy's branch (2 wds.)
5 Church supper
6 Filmdom's Anouk __
7 Codger
8 Low cards
9 __ Quentin
10 Rainbow makers
11 Fixes the fight
12 Hurt all over
13 Miss Kitty's friend
19 Reading aids
21 Compass dir.
23 Trust account
24 Book copier of old
25 Contributed(2 wds.)
26 Mia __ of soccer
28 Rack
29 Folk wisdom
30 What some call a sub
31 Basket willows
32 Castle feature
34 MP's prey
37 Paper cut
38 Made plump
40 Grant
41 Share
43 Jerk
44 "My gal" of song
46 Snicker (hyph.)
47 Terra-cotta
48 Order for dinner
49 Not in harbor
50 Portico
51 Playback machines
53 Yegg's diamonds
55 Garden-pond fish
56 Elev.
57 Keep it down!

6	2			9	8	5		
				6	4	9		3
		3		5				
		8				7	6	5
4	9	2				1		
				1		8		
3		5	9	8				
		1	6	2			7	9

SUDOKU **LEVEL: EASY**

			7			6		9
	7			6			5	1
5	9				2	3		
	3		5					
8			3		9			5
					1		2	
		3	1				9	2
2	6			9			3	
9		1			8			

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

H	A	V	O	C		A	T	T	N		S	O	A	K
U	H	A	U	L		C	I	A	O		T	H	A	I
G	O	L	D	I	L	O	C	K	S		E	A	R	L
E	Y	E		M	O	R	S	E		P	E	R	O	N
			H	A	W	N			R	I	P	E	N	S
B	L	E	A	T	S		E	T	A	L				
M	O	V	I	E		S	U	R	V	E	Y	O	R	
W	A	I	T		A	E	R	I	E		U	N	I	T
	F	L	I	P	F	L	O	P		W	R	I	T	E
				U	R	L	S		B	A	T	T	E	D
A	K	I	M	B	O			P	A	R	S			
D	U	D	E	S		A	L	A	R	M		N	E	W
O	D	I	N		C	R	A	B	N	E	B	U	L	A
B	O	O	S		U	T	I	L		S	U	D	A	N
E	S	T	A		T	Y	R	O		T	R	E	N	D

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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weight loss

Which diet is best? One you can stick to

Sticking to diets with strict proportions of fat, carbs and protein may not be more effective for people who want to lose weight and fat mass than simply cutting back on calories, according to a new comparison of four diets.

The results suggest that it doesn't matter where the calories come from, as long as dieters reduce them.

"If you're happier doing it low fat, or happier doing it low carb, this paper says it's OK to do it either way. They were equally successful," said Christopher Gardner, a Stanford University professor who was not involved in the study.

Dr. George Bray, who worked on the new study, said earlier research had found certain diets — in particular, those with very little carbohydrate — work better than others. Diet books also often guide consumers to adopt a particular type of meal plan, such as low-fat or low-carb/high-protein diets.

▶ Do what works for you.

But there hasn't been a consensus among scientists.

So Bray, of Pennington Biomedical Research Center in Baton Rouge, La., and his colleagues randomly assigned several hundred overweight or obese people to one of four diets: average protein, low fat and higher carbs; high protein, low fat, and higher carbs; average protein, high fat and lower carbs; or high protein, high fat and lower carbs.

Each of the diets was designed to eliminate 750 calories a day from the people's energy needs.

The team found no differences in weight loss or fat reductions between the diets.

But sticking to a diet is tough, Gardner said. Many of the people who started in Bray's study dropped out, and the diets of those who completed it were not exactly what had been assigned. **REUTERS**

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Read my entire story at jeffersonhospital.org/myweightloss.

Carlos B., Philadelphia, PA
Gastric Banding Surgery Patient

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70% of Metro readers have taken a domestic air round trip in the past year.

Source: Scarborough R2 2010, Base: 250K+

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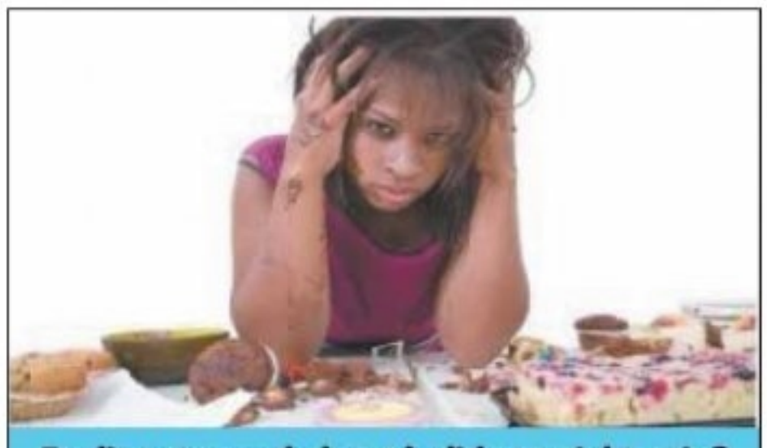

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weight loss

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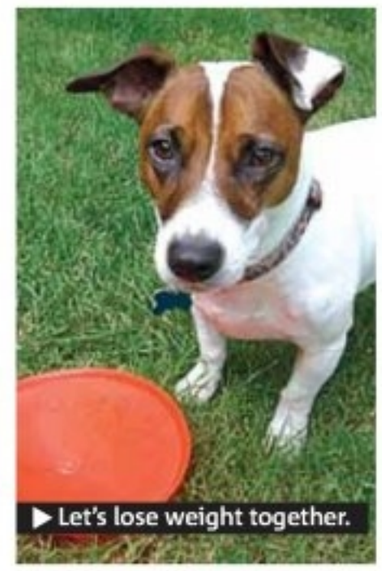

▶ Let's lose weight together.

The world's biggest food group Nestle has launched an online program inviting pet owners to team up with their furry friends to lose weight.

Nestle's pet and people weight management units Purina and Jenny Craig worked together on "Project: Pet Slim Down," an online program available in the United States, the Swiss-based company said in a statement on Monday.

Pet owners who sign up can obtain tips for exercising with their pet, record exercise taken, track weight loss and share photos with other users, Nestle said.

On the website, users can follow five overweight cats and three dogs on their weight loss journey via small movies and before-and-after pictures.

The British Pet Health Council, an association of veterinary and medical professionals, in cooperation with Mars Petcare is offering a similar health and fitness program for pets and their owners under the name "Petsercise."

"The obesity epidemic is not limited to people," said Lisa Talamini, vice president of research and program innovation at Jenny Craig in the statement.

"Two-thirds of adults in the U.S. are overweight or obese, and more than half of all pets in the country are also battling the bulge," she said.

The World Health Organization said on its website 1.5 billion adults were overweight in 2008.

Nestle's U.S.-based pet food company Purina makes a range of veterinary diet products for cats and dogs with health problems, while its Jenny Craig brand offers human customers in North America, Oceania, France and Britain a personalized program for weight loss.

REUTERS

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I am down 115 lbs and 6 dress sizes – a size 14 feels real good! My sugar levels are normal, I am no longer plagued by acid reflux, sleep apnea and shortness of breath – I can walk – and run – without missing a beat! In fact, I completed a 13-mile ½-marathon this summer!

Attend a **FREE** seminar to find out how to begin your journey to a healthier you! Register by calling the **Center for Surgical Weight Loss** at Hahnemann University Hospital, at **1-866-884-4HUH (4484), or visit our website at www.hahnemannbariatrics.com to register on-line.**

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destinations

Home on the range in Montana

From horseback riding to fly fishing, a trip to Big Sky Country is all about variety ◗ Tuck into some local organic meat, produce and craft beers ◗ Book now: Summer is prime season

What to eat

Montana may not seem like a culinary destination, but that's changing quickly. A bounty of local produce and traditionally-raised organic beef, lamb and elk are attracting top culinary talent. Chef Josh Drage of The Ranch at Rock Creek is one of the innovators of Montana's modern rustic cuisine, dishing up bison short ribs with cilantro chutney and elk rib eye with flathead cherry demi-glace.

Beer lovers can sample suds from more than 20 microbreweries. Saddle up at a local bar and order a Kettle House Cold Smoke Scotch Ale or local favorite Moose Drool. For a treat, stop by Philipsburg's Sweet Palace, the second largest candy store in the country. Try the Flips: handmade marshmallows dipped in chocolate and covered with toasted coconut.

REBECCA FINKEL
letters@metro.us

ALL IMAGES COURTESY OF THE RANCH AT ROCK CREEK

▶ Yeeeee-haw!

What to do

Montana's wide-open spaces make it ideal terrain for hiking, horseback riding and biking. Here's what we like to do in Big Sky Country:

Camping: Montana houses two spectacular national parks, Glacier and Yellowstone (of Old Faithful fame). Just stopping through? Try Glacier's Going-to-the-Sun Road, a 50-mile drive through some of the park's best scenery.

Fly fishing: Montana is home to the world's best fly fishing, in a network of sparkling rivers and creeks. Hire a guide to show you where the locals cast. Also, read Missoula native Norman Maclean's "A River Runs Through It."

Ghost hunting: During a mining boom in the late 1800s, a number of small towns and mining camps were created in the western part of the state. Abandoned long ago, many of the ghost towns are preserved and are open for tours.

Where to stay

The Ranch at Rock Creek (theranchatrockcreek.com) offers the best of Montana recreation by day and fine dining by night. Situated on 10 square miles of wilderness just north of the Pintler Mountains, the ranch offers fly fishing, horseback riding, hiking, sport shooting and archery, as well as a full-service spa. New to ranch life? No problem. The ranch provides all necessary equipment, from footwear to fly reels.

More Montana

When to go

Plan to visit during summer and early fall, when fishing and camping conditions are best. On average, temperatures will reach 80 degrees by day and drop to the 50s at night.

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Ocean View	Fr. $629* pp	Fr. $679* pp	Fr. $749* pp	Fr. $1299* pp
Balcony	Fr. $929* pp	Fr. $789* pp	Fr. $919* pp	Fr. $1429* pp
	7-Day Alaska	7-Day Bermuda	10-Day Panama	14-Day Hawaii
Holland America Line: Receive up to $125 Onboard Credit, Free Dining, Wine or Champagne plus up to $500 Back on select sailings	Fr. $579* pp	Fr. $579* pp	Fr. $849* pp	Fr. $1309* pp
Ocean View	Fr. $619* pp	Fr. $579* pp	Fr. $939* pp	Fr. $1499* pp
Balcony	Fr. $1129* pp	Fr. $1129* pp	Fr. $1309* pp	Fr. $1679* pp
	7-Day Europe	8-Day Bermuda	7-Day Alaska	9-Day Caribbean
Royal Caribbean International: Receive FREE Pre-Paid Gratuities plus up to $100 Onboard Credit on select sailings	Fr. $594* pp	Fr. $644* pp	Fr. $639* pp	Fr. $739* pp
Ocean View	Fr. $889* pp	Fr. $774* pp	Fr. $760* pp	Fr. $1229* pp
Balcony	Fr. $1179* pp	Fr. $1114* pp	Fr. $1034* pp	Fr. $1524* pp
	6-Day Bermuda	7-Day Alaska	11-Day Hawaii	12-Day Caribbean
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Balcony	Fr. $1044* pp	Fr. $1489* pp	Fr. $1389* pp	Fr. $1439* pp

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3

Opinion

ANGELO CATALDI

THE VOICE OF THE PHILLY SPORTS FAN

THE PERFECT STORM FOR BIG RED'S EXIT

What you witnessed during the 2011 season didn't happen. The Eagles didn't squander five fourth-quarter leads in an 8-8 season. The defense was not pitiful in the red zone under novice coordinator Juan Castillo. There is absolutely no reason for change.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send submissions to letters@metro.us.

Stubborn to the very end, Andy Reid said all of the above yesterday when he decided to bring Castillo back to run the defense — to be joined by a far better defensive coach, Todd Bowles, working with the secondary. It was one final insult to every Eagles fan who suffered through last season, one last gasp of arrogance by the man who thinks he invented football.

The bad news is that the Eagles will underachieve again next season, falling far short of owner Jeff Lurie's open demand to make it to the Super Bowl. The good news is that Reid sealed his doom, unless you happen to believe Castillo can suddenly run a championship-level defense. And if you believe that, seek mental-health aid immediately. You have misplaced your mind.

Quoted

Andy Reid sealed his doom, unless you happen to believe Juan Castillo can suddenly run a championship-level defense.

Reid will finally break his silence today, and — if the suspense is killing you — here's exactly what he will say at his first news conference in a month: Castillo really grew into the job as the season went along. The last four games showed what he can do. His work ethic and enthusiasm are the perfect recipe for success in the NFL. Blah, blah, blah.

What Reid won't say is that Castillo got better only when the opposing quarterbacks got worse. The last four wins came against Matt Moore, Mark Sanchez, Stephen McGee and Rex Grossman. The two quarterbacks in the Super Bowl, Tom Brady and Eli Manning, destroyed Castillo's defenses for 1,069 yards and 77 points in three games. You can expect more of that in 2012.

Andy Reid is never happy unless he mixes in a sweet little twist, and his hiring of former Temple star Bowles was a master stroke. Bowles went 2-1 as the interim coach of the Dolphins last season after Tony Sparano was fired. Bowles has interviewed for five head-coaching jobs in the NFL and has been a defensive coach in the league for 12 years. Castillo has coached defense for one year, and has never interviewed for a head job. And now Bowles will work for Castillo. Perfect.

In the course of 10 hours last Friday, I was greeted by a card dealer in a casino and by the GM of a fine restaurant with the exact same unsolicited message: "Fire Andy Reid," they said. So have literally hundreds of fans calling into my WIP radio show in the past few months.

Well, there's no need to worry anymore. Because yesterday, Andy Reid fired himself.

– **Angelo Cataldi** *is the host of 94 WIP's Morning Show, which airs weekdays 5:30 a.m. to 10 a.m.*

Coach speak

Eagles hire Bowles as new assistant coach

The Eagles announced yesterday that they had hired Todd Bowles to coach defensive backs and the entire secondary. Bowles replaces recently fired assistant Johnny Lynn. Bowles, a Temple product, spent the last three seasons in Miami as assistant head coach/secondary and led the Dolphins to a 2-1 record while serving as interim head coach there.

METRO

Thanks, Pat!

Burrell retires

Former Phillie and World Series hero Pat Burrell retired after 12 years in the majors.

The 35-year-old cited a chronic foot injury as the reason for hanging it up.

Burrell, the No. 1 overall pick by the Phils in 1998, racked up 292 career home runs, including 252 of those with the Phils.

Slamming the door

GETTY IMAGES

▶ Lidge

Brad Lidge, the World Series hero who slammed the door 48 consecutive times in 2008, got the rudest of send-offs. In fact, he got the door slammed in his face, by a team with a cold heart.

Now please don't interpret the above words as a lament that the Phils didn't re-sign their closer. Lidge has lost his fastball, and with it his effectiveness. Even at the $1 million figure he accepted in Washington, he is a luxury the Phillies had no reason to indulge.

The issue here is not what GM Ruben Amaro did in saying goodbye to the most likeable and accessible Phillies player. The issue is the way Amaro dumped him, with a broken promise. According to Lidge, Amaro told him there would be a place for him if the pitcher couldn't find a closer's job.

The honest and fair thing to do was to tell Lidge the truth. Instead, Amaro strung him along for close to three months, and then reneged on his original pledge.

If Lidge didn't deserve better treatment than that, who does? The Phillies have won two championships, and he was directly responsible for one. He was the player who best understood the fans, absorbing their criticism with grace and dignity throughout the past three frustrating seasons.

Even in this instant-gratification world, there has to be room for someone who did something so spectacular — and in such an engaging way — that he elevates himself beyond the numbers on a budget sheet or an age on a birth certificate. Brad Lidge was that man.

GETTY IMAGES

▶ Bryzgalov should be benched in shootout situations.

Blame Bryz for shootouts

Roy Halladay is the best pitcher in baseball, and he was relieved 24 times last season. Ilya Bryzgalov is most definitely *NOT* the best goaltender in hockey, so why is it so terrible to replace him in shootouts?

I know, I know. Baseball is not hockey. Pitchers are not goalies. I get it. But none of those lazy generalities address the simple proposition that the Flyers have the best chance to win OT games — and improve their playoff seeding — by removing an inept shootout goaltender and installing an exceptional one, Sergei Bobrovsky.

Don't take my word for it. Just listen to Claude Giroux. He said that, in practice, Bobrovsky is impossible to beat in a breakaway or on a penalty shot. The Flyers had just won the last game before the All-Star break after the backup goalie had stoned Florida on all three shootout attempts.

"You saw how good he is," Giroux said then.

Yes, we did. And we have seen how terrible Bryzgalov is, too. The goalie was undressed twice in a loss last week to Colorado, making him 0-for-5 in shootout attempts this season. Right now a Bernie Parent statue would have a better chance of stopping the puck.

Idle thoughts from Cataldi ...

1 **All hail the Fresh Prince.** Will Smith sitting courtside last Friday was more proof that the Sixers are back. Not only is Smith a part-owner of the team, but he's a way bigger star these days than Knicks mascot Spike Lee or even Lakers stalwart Jack Nicholson. Now all we need is some of that star power on the court.

2 **All-Star snooze.** There is no hope left for all-star games. The NFL is at an all-time high in popularity, and the Pro Bowl still inspired only sleep. The NHL has some amazing stars, but its showcase was another dud. The players are just trying not to get hurt, and the fans don't care who wins. What's the point?

3 **Penn State gets it right.** Against all odds, the final goodbye to Joe Paterno was pretty close to perfect. His former players were eloquent in explaining his profound impact on their lives, and all of the rhetoric over the scandal was quieted, at least for a week. Finally, Happy Valley got it right.

Sixers defeat Magic to start tough stretch

What a way to begin a key seven-game stretch.

The Sixers played suffocating defense and beat the Orlando Magic, 74-69, last night at a raucous Wells Fargo Center.

It was a heck of a start for the next seven games, which include home games against the Bulls, Heat, Lakers, Spurs and Clippers with a road game sandwiched in at Atlanta.

If this was a barometer for the Sixers, they passed in big-time fashion.

Andre Iguodala, fresh off a triple-double Saturday, paced the Sixers with 14 points, 11 rebounds and six assists. Playing without center Spencer Hawes (left Achilles strain) and rookie forward Nikola Vucevic — though he was available after missing the previous four — the Sixers locked down defensively and frustrated the Magic.

Yes, Dwight Howard had 17 points and 11 rebounds, but he was basically taken out of the game in the second half.

And the Sixers won again, improving to 15-6 overall and 11-2 at home. It's their first 13-win month since a 13-3 mark in November 2002.

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ON TV TOMORROW
Bulls at Sixers, 7 p.m. (CSN)

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Temple Lung Center

This information is approved by Temple University for public display and is associated with project 12926.

Jagr, Rinaldo trying to get healthy again

While Scott Hartnell, Claude Giroux, Kimmo Timonen, Matt Read and Sean Couturier were enjoying themselves at All-Star weekend, the five days away from NHL action were just as gratifying for other Flyers.

Danny Briere and James van Riemsdyk are sidelined indefinitely with concussions; Zac Rinaldo is on IR with an upper-body injury and Jaromir Jagr has a strained left groin. All returned to the ice yesterday.

Neither Briere, nor van Riemsdyk will play against Winnipeg and neither participated in 1-on-1 battle drills in practice. Both forwards are still out indefinitely, according to GM Paul Holmgren.

Jagr and Rinaldo are both potential options tonight, due in large part to the rest they took over the weekend. Jagr didn't sit at home on the couch, though. The soon-to-be 40-year-old is pushing himself to get back out there.

"I was getting treatment," said Jagr. "I was skating a little bit. I just wish that I would be injury-free and I could play every game, but for some reason it doesn't happen this season. I'm not used to it. The last seven years, I didn't miss one game."

Jagr came back twice this year from the nagging groin injury, both times it was too soon because he reinjured himself and was held out of further action. This morning's light practice will determine whether he can go.

Rinaldo said he's available after missing two games with a disc injury in his neck that he originally hurt on Jan. 14.

"Took a couple days off, played in New Jersey, shouldn't have played," said Rinaldo. "Kept pulling and pulling it. Finally got some good rest, went back home and regrouped and I feel great right now."

DAVE ISAAC
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Jet fuel

The Jets have lost two in a row, but the Flyers have lost both meetings versus Winnipeg this season. The two play today (7 p.m., CSN).

"I guess offensively you could pull some positive things from it," **said coach Peter Laviolette. The Flyers have scored 12 goals in those two games.** "We're going into a game, I don't think pulling negative video out and hammering the guys with negative video is the way to go."

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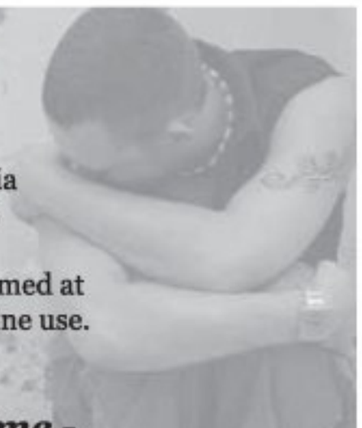

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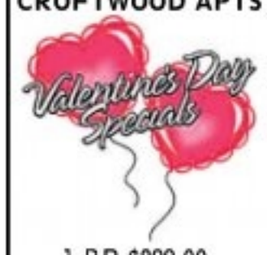

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WEDNESDAY — SATURDAY

★★★★ FEB. 1ST - FEB. 4TH ★★★★

50% OFF

THE ENTIRE STORE

STORE HOURS: 9AM - 7PM
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THIS IS AN IN-STORE ONLY EVENT. ALL SALES FINAL

1201 CHESTNUT ST

(ENTRANCE ON 12TH BETWEEN MARKET & CHESTNUT)